



# Teen Life Skills Program



## About Us

The Harbor House Teen Life Skills Program is held weekly and is designed to offer teenagers of all abilities aged 13 to 19 a safe place to learn and adapt to everyday life skills.

These skills include time management, planning, problem-solving, flexibility, organization, attentional control, impulse and emotional control, and working memory. These skills are gained by participating in fun activities and group outings that promote a supportive and inclusive community.

## Meet Our TEAM MEMBER

**Ian  
WALDROP**



We encourage family engagement & welcome any prospective families to reach out with questions, schedule a tour, or set up a trial experience.

### CONTACT US

- Office: 502-719-0072 Ext: 550
- [www.hhlou.org](http://www.hhlou.org)
- [iwaldrop@hhlou.org](mailto:iwaldrop@hhlou.org)
- 2233 Lower Hunters Trace  
Louisville KY, 40216





Harbor House is weaving a tapestry of Love, Hope, & Empowerment by embracing life together!

## Location & Time

**Every Wednesday**  
**4:00PM - 7:00PM**  
2233 Lower Hunters Trace  
Louisville KY, 40216

## Areas of Focus

- Kitchen and Food Safety
- Money and Budgeting Skills
- Team Building
- Communication Skills
- Problem Solving
- Organization Skills
- Work Force Preparation

## What We Do

This year, our group has cooked eight meals together, talked about our future goals, touched on hygiene topics, and is starting to work on budgeting, grocery shopping, and spending money. We have taken trips to the science museum, Pendleton Farms, and bowling. We hope to continue to take participants on field trips and incorporate community service into our program.

## How to join

The Teen Life Skills Program is currently looking for participants. For information on payment, waiver acceptance, and registration, contact ...

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